



EIGHTH KYU (YELLOW)

Kihon: Basics

From zenkutsu-dachi (front stance), gedan-barai (downward block)

1. Chudan oizuki (middle level front punch)
2. Chudan gyakuzuki (middle level reverse punch)
3. Age-uke, gyakuzuki (rising block, reverse punch)
4. Soto-uke, gyakuzuki (outer block, reverse punch)
5. Uchi-uke, gyakuzuki (inner block, reverse punch)

From kokutsu-dachi (back stance)

6. Shuto-uke (knife hand block)

From zenkutsu-dachi (front stance)

7. Maegeri (front kick)
8. Mawashigeri (roundhouse kick)

From kiba-dachi (horse-riding stance)

9. Yokogeri-keage (side snap kick)
10. Yokogeri-kekomi (side thrust kick)

All basic movements are done to count on examiner's command

Kumite: Sparring

- Sanbon kumite (three-step sparring)
- 1. Number one sequence (left side only)
- 2. Number two sequence (left side only)

Kata: Forms

- Heian Shodan
- Heian Nidan